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If You Are Over 40, Be Careful

If Somebody Flatters You by Saying, "How Young You Are," Don't Believe It.

Wide publicity under the heading, "Do You Want Eternal Youth," has been given to the following prescription of daily exercises for men of sedentary occupations:

FIRST. Put feet on edge of bed with body extended and palms of hands on the floor. Raise your body to full length of arms 100 times.

SECOND. Stand erect, raise legs until knees touch the shoulders, keeping body straight, 100 times.

THIRD. Kick as high as you can with alternating

FOURTH. Stand erect, lock the fingers of both hands, raise arms and pass hands back of head as low down your back as you can, 100 times.

FIFTH. Stand erect, with rigidly straight legs; do not bend the knees; stoop down and place your thumbs between your heels without bending legs, 100 times.

SIXTH. Stand erect, extend both arms and violently swing your hands toward center of your back, 100 times.

SEVENTH. Lie flat on the floor, fold arms; raise yourself, keeping your legs straight, 100 times. EIGHTH. Lie flat on back; raise legs until straight

over your waist, kick upward, 100 times. Then take your bath, and eat a hearty breakfast,

and walk three miles. To follow these rules would be an excellent way for a

man over forty to kill himself. No young man needs such violent exercise as this. No middle-aged man, who because of his years has become

habitually inactive, should attempt it. There is just as much danger in overdoing physical

activity as in neglecting it. A man's heart at forty has begun to get tired of its monotonous job of beating eighty times a minute, twentyfour hours a day.

His veins, in childhood as soft and elastic as the thinnest rubber, have begun to lose their resiliency and lack accommodation for the demands of blood for more room, as the heart rushing along from exertion demands more space for its output.

His muscles have lost some of their suppleness and some of their prompt obedience to the mind. They as longer co-ordinate as in youth.

The bones, which in earlier years bent to blows and strains, have become brittle with their accretions of lime and break when too great a demand is made upon their elasticity.

Sometime man will be wiser. He will in time learn how to live

He will be able to stretch youth to forty and middle age to a hundred, reaching his most fruitful and useful period at from ninety to the century mark.

As he is now, at forty he must begin to use care. He must abstain from violence in every form. He must be careful in eating and drinking. He must sleep regularly, although with increasing years he will sleep less.

But especially must be refrain from violence in exercise, and the attempt to follow the formula of activities which is printed above and which publicity may lead many to undertake would in every case shorten life, and in many cases be suddenly fatal.

After forty you can afford to take exercise with about the same reserve that you take advice, and that, with most of us, is with considerable moderation.

War, Not Peace, From League

Your editorial in The Times of Sep- unto you ye must be born again." tember 24 pleased me very much, es- I am glad of this opportunity to pecially your views on the "League thank you for your timely, kind of Nations." I agree with you that words on the woman question. I it is war, not peace, that will follow warms my heart to know that we its ratification, and I can but wonder have a champion who never fails to how anyone can think otherwise. I take the part of the defenseless. I heartily wish that every American am one of the dried peaches in Uncle could read your editorials in regard Sam's service, though I have no comto it. I also wish that we had public plaint to make of the treatment men who were broad enough to drop have received, yet I see injustice in politics at such a critical time and regard to others. I am hoping and sink their own private ambitions and praying for the passage of the reinterests out of night for the good of tirement bill, which has been too long

the nation. Selfishness rules the delayed. An appreciative reader, world, and Jesus struck the keynote. Mrs. F.

Don't Think About Flu

To the Editor of THE TIMES:

Would not be scared into thinking every little cold or sore throat symptoms of the "flu." corning the "flu."

true that imagination and Right thinking is the fear do much to encourage disease; one can possibly use against disease whereas, if one's mind is stayed on of any kind.

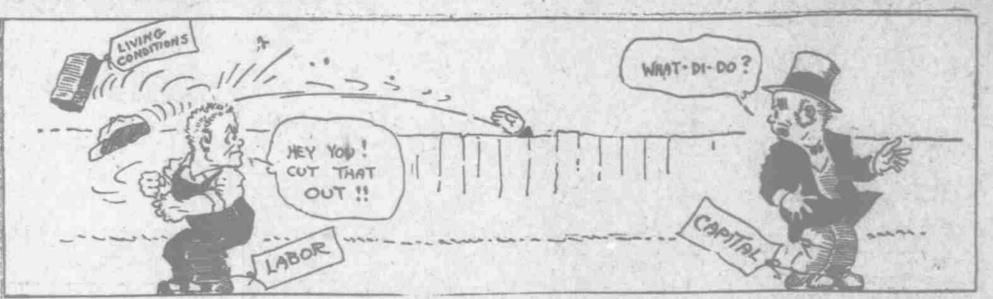
Truth and Faith disease has no opWith this in mind there would be no so-called "flu," and you will find tions to prevent such the public ravages of all disease.

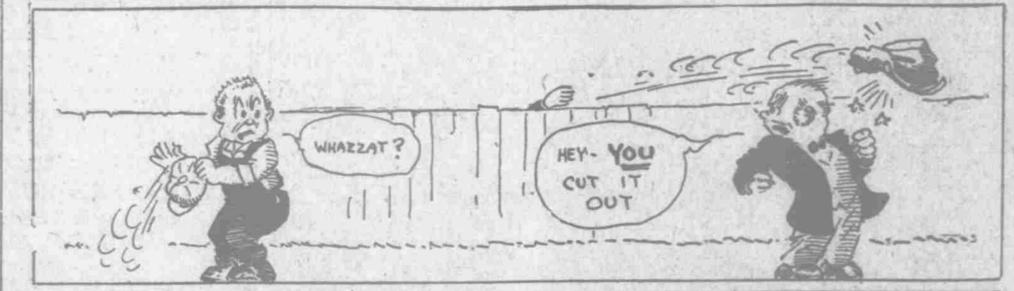
L. S. | treated accordingly, and enters the | time.

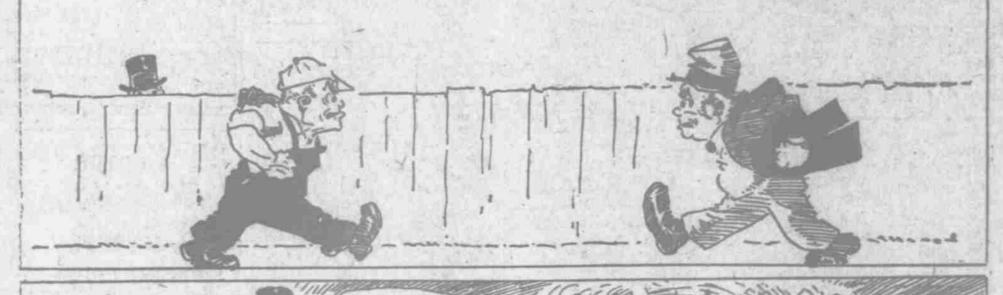
Who Started It?



By COFFMAN









THE HASKIN LETTER

A SHORT CUT TO EDUCATION

By FREDERIC J. BASKIN

T'S all wrong. The antique system whereby we struggled through eight or nine years of reading, writing and arithmetic, and then were suddenly landed in high school to tackle such mysterious subjects as Latin, science and algebra, is all wrong. Educators now advocate a sort of shock absorber known as a junior high A junior high school, in case

you haven't kept up with the styles in education, takes the place of seventh and eighth grades and first year high school. The pupil is promoted from the sixth grade into the junior high school, where he continues some of the old grammar school studies, and at the same time is gradually and painlesssly introduced to high school subjects and high school methods of teaching. Graduates from the junior high school enter the second year of a regular high school. The need for a transition school of this sort may seem a trivial matter, but experiments have proved its practical value as a means of keeping the growing boy and girl in school, and now the number of junior high schools in the country is increasing by hundreds every year.

According to a report by Commissioner of Education Claxton, only one out of every sixteen children who enter the first grade of our public schools progresses far enough to obtain a high school diploma. To elaborate-4,066,091 children entered first grade in 1906. In 1913 the class reached eighth grade with an enrollment of 1,244,098. The next year, when these same children entered high school the class had shrunk to 630,000, and of these only thirtynine per cent graduated in 1918-245,000 high school graduates out of 4,000,000 first graders.

The High School Problem.

The big drop comes between the eighth grade and high school, and during high school years the enrollment steadily falls. The reason for this, it is stated, is not so often that the pupil is needed at home or has to leave school to work, as that he is kept at elementary studies too long and does not take enough interest in school to enter high school, or else that he enters high school but never gets adjusted to the standards

classical and altogether different atmosphere of high school to be called Mr. Smith. Instead of having one ever-watchful teacher to keep him on the job, he now has from two to eight, none of whom take any special interest in Mr. Smith aside from his conduct in one particular class room. The greater amount of freedom given is not always used wisely, and the student's sense of responsibility is not always sufficiently developed for him to work alone. As a re-

becomes discouraged, and sooner or later quits school for good. It is in cases of this sort that the junior high school scores. Instead of being counted in with "the children" until he is thirteen or fourteen, Harry Smith is sent to junior high school at eleven or twelve. Instead of having one teacher, he has two, or possibly three, but one is his par-ticular guardian and is definitely accountable for him. As his interest in geography, American history, and grammar are rapidly waning on account of too long familiarity with such subjects, some of these are dropped and he is given a chance to take up a for-

sult he falls behind in his work,

eign language, typewriting, or manual training. Change Takes Palee.

As he progresses through the three years, the course becomes more and more the typical high school regime. Athletics, debate, and dramatic work are introduced to take the place of playeround games and other amusements in vogue in the graded school.

In cities, the junior high school course usually includes domestic science for girls and shop work for boys. In rural schools, agriculture is added to the vocational schedule, and a model truck gar-den is planted and studied by the pupils.

A resume of even a few of the junior high school systems now in force in this country shows a great variety of subjects taught. The junior high school is planned on a more flexible order than the regular high school, and everywhere the aim is to fit the pupil for life in the community. At the same time ,the courses are so arranged that a prospective college student can take the work required for college entrance. Promotion is made by subjects, as in high

WHATEVER YOU WANT TO KNOW

The Times will attempt to answer any questions of fact for any reader. All replies are mailed direct to the inquirer. Write your question to The Times Information Bureau, Frederic J. Haskin, director. Enclose 2-cent stamp, Do not telephone.

Q.—Is it true that the ex-kaiser had ome of the walls of Jerusalem torn down when he visited that city? T. T. H.

A.—The kaiser wanted to make an imposing display and the gate in the walls at Jerusalem was not wide enough to accommodate the mounted cavalcade as he had planned it. The gap was widened, at his request.

Q.—How is a position of second-class postmaster filled when it becomes vacant?

W. Y. M.

A.—When such a vacancy occurs the postmaster general certifies the fact to the Civil Service Commission. This commission arranges for an open, competitive examination to fill the vacancy.

February 12, of this year. He drove his machine at the rate of 150 miles an hour. Q.—Is the civil year, as we count it, exactly the same as the sun year?

Q — Does the piston in a steam engine stop at the end of its stroke? R. M. A. The Bureau of Standards says that the piston does stop. In a theoretically perfect engine this stop would be infinitesimally small. In an actual engine it is longer slave time is required in taking up the slave in the bearings.

Q .- Where was Samuel Gompers born?

Q.—How was it that Spain forced England to buy her oranges during the war

A.-When the war situation in England Q — What is the fastest speed ever attained by an automobile?

A.—This record is held by Ralph de Palms, and was made at Daytons, Fla. Pebruary 12 of this year. He drove his England was forced to meet the Spanish

The Bureau cannot give advice on legal, medical, and financial matters. If there were less articles published that people who practice right thinkon the spreading of the "fu" and cauing and right living will escape the where he is called Harry and away from the mathematically accurate ive research on any subject.

school, so that pupils failing in part of the work ordinarily repeat only those subjects.

Idea Not a New One. The junior high school idea has been under consideration for about twenty years. A change from the eight year elementary, four year secondary, system was proposed in 1892 when a group of educators discussed the matter of dividing the twelve years of public school education into six years graded school and six years high school. It was then declared that eight years is too much time to devote to elementary subjects and that the public school course would be better shortened or the two years

transferred to high school work, The original purpose in shortening the years of public schooling was to lower the age of college entrance. The plea was that on an average students entered college at eighteen yars, after which they must cover seven or eight years of college and university work in order to enter a professsion. The result, according to President Eliot, of aHrvard, was that "the average college graduate who fits himself well for any one of the learned professions, including teaching, can hardly begin to support himself before he is twenty-seven years old." This argument was considered very potent, but as neither colleges nor high schools ever agreed to shorten their courses or lessen their requiements nothing came of it.

Introduced In 1899.

The conference of 1892 did, however, lead to the junior high school, which has in the past few years become so popular. In 1899, the first junior high school was introduced, and ten years later there were only nine in the county. But since then, the prospect has grown rapidly until now junior high schools are in operation in all parts of the country. The change in organization is

too new and the schools are two scattered for any up-to-date nation-wide statistics to have been collected. But whenever the new system has been put into effect show that a large percentage of pupils who otherwise would have obtained no high school education are sufficiently interested by the junior high school course to complete it, and often go on to the senior high school.

The Zone Fare Fight Has Not Yet Been Won By the People Don't Sincken Your Efforts. Why Have Other Papers Not Fought

By EARL GODWIN.

In the flush of congratulations to those who have put up so convincing a fight against the imposition of a zone fare system upon the city of Washington, do not lose sight of the fact that the Public Utilities Commission has not announced or intimated that it will change its position.

There is every reason to believe the commission will do everything in its power to burden the suburban residents with the financial troubles of the Washington Railway and

Electric Company.

Despite the fact that organizations numbering fifty thousand taxpayers have followed the lead of this newspaper and have laid logical and bitter protests before the commission, there is every reason to believe that the fight has only begun.

The people most interested are those who have bought homes in the newer residential districts and in the suburbs. They will be made the scapegoats for the maladminis-

tration of the street railways, for the capitalization of the glowing hopes of the early street railway buccaneers. They will be taxed at least TEN CENTS A DAY MORE for the privilege of going to work and coming home at night.

In addition to present car fare-without good servicethey will have to pay at least thirty dollars a year MORE. This tax will insure dividends, perhaps, but there has been absolutely NO guarantee of service.

The fifty thousand people who have been heard through their representatives are not ALL the people on whom this burden will fall.

There are thousands of others, not organized. There are thousands of families living in the interior of the city who in the fine weather will be TAXED outrageously for the privilege of taking their children into the parks or open

These people have their hearts in their homes. They are not the kind who have never ridden in a street car since the automobile was invented.

Look over the newspapers of Washington and find out those who have endorsed the proposition to TAX suburban dwellers for going to work; and those who have given it silent assent by not fighting it.

Then remember the verse of St. Lake: "For where your treasure is, there will your heart be also."

This newspaper, having no interest except the development of Washington and the GOOD OF THE PEOPLE OF WASHINGTON, is delighted to see that its single-handed attack on the zone fare system has been followed by the home owners and merchants.

It has had the co-operation of none of its contempo-

HEARD AND SEEN

A Government clerk writes that it must have been a remembable 4 amounting to 5 per cent. The same day he was notified of an with duckpins tonight. nerease in rent of 15 per cent.

And a St. Louis paper remarks this here Bankers Duckpin League.

Bankers' Duckpin League.

on the Sporting Editor. Bankers' Duckpin League starts up some guntlemen: (What in Sam Hill ARE duckpins, official scorer.

someone saying they were clashing the banks. Good luck, boys,

he recently received a salary raise event, Yandr. Commercial National and District will do their clashing

prices that they may live in the As follows: Commercial, District, style they were accustomed to while National Savings and Trust Co., Security Savings, Riggs, Februal, Nacan Security, Union Trust Co., and Here's where I put a scoop over Washington Lean and Trust. The officials comprise the following hand-

this evening on Recreation alleys. H. A. POOLE, president; MR. That's the way to start off a story YERKES, of the Federal National about bankers and duckpins although Bank, vice president; H. A. WOOD. if they worked in this office they secretary; G. P. POLLOCK, National wouldn't have time to play duckpins. Savings and Trust Co., treasurer and

The teams in the league will com-"Commercial, National and Dis- pete (or rather clash) all winter, trict will clash tonight." If any two and then will get together in a little teams ever got together without world's series for prises donated by

A Milk Expert Writes

timely article in the October & YHeard price from 14 cents a quart to 13 cents and Seen" column, and while I agree a quart, making a 16-cont raise perwith you that affairs are in a mad gallon, from 56 to 72 cents." As a state and need remedying, I feel con- matter of fact, the selling price of strained to correct a few of the state- milk for the summer generally was ments your article contained, in order 15 cents per quart. There are numerthat the public may see that the our small routes being run by farmers milk distributors here are not quite who drive in from the country

four cents a gallon, an increase of 4 As far as the lunch rooms are concents." This is not so. The producers cerned. I have nothing to say, not beraised the price from the existing ing familiar with this situation summer price, or rather the Septem- Inassuch as lunch rooms pay only 30 ber price, which was from 32 cents to cents per gallon for their milk and 34 cents per gallon. As a large ma- dispense it in glasses warring in cajority of the dealers here are paying pacity from one-twelfth to sus-six-44 cents for October milk, this in- teenth of a gallon, they certainly one crease is from 10 cents to 12 cents get a large margin to work on. per gallon over the September price.
On October 1 the dealers here raised the facts by stating (more than once) the wholesale selling price of milk in the wholesale selling price of milk in farmers from 40 to 44 cents, leaving bulk milk to 60 cents per gallon and increase of 12 cents per gallon over the previous month's selling prices of 52 cents for bottled milk and 48 cents. I don't average the cents is a cents of 12 cents when the farmer was only getting 4 cents.

cery stores, lunch rooms, hotels, soda fountains, and public institutions. The justification for the increased city that sells milk purchased at these like to have the public know the prices at 17 cents a quart and 9 cents truth about it. a pint, and evidently uses this as a | WALKER HILL DAIRY, INC. drawing card for other business. Your contributor further stated

I have just finished reading your | that "the dealers promptly boosted the peddling milk, and they may have To quote the letter from one of sold it for less and probably will conproducers on October 1 raised the dealers here, who have to go to the price from 40 cents a gallon to forty- expense of pasteurizing and handling.

for bulk milk. Most of the dealers are delivering retail milk to the consumer for 18 cents per quart and 10 you will at least correct here sumer for 18 cents per quart and 10 you will at least correct misstate-Before going any further, I want to lie the rue state of the case. Any make it clear that this firm does only time that you want any inside ina wholesale business, catering to gro- formation on the situation I will de

Our selling prices to customers are prices has all been threshed out be-64 cents per gallon for bottled milk, fore various committees, and while either pints or quarts, and 60 cents the subject is quiet at present it is comparative figures and instances per gallon for bulk milk. We have not yet settled. We have every exour customers are to sell their milk. within a short time, but while the There is a chain of groceries in the high price does continue we would

W. F. Simpson,

Secretary.